

STARR COUNTY



HEALTHY COUNTY "One Step At A Time"

July 2014

Leadership for Life

Initiatives For Employee Wellness and Health Program

Dear Starr County Employees:

We are formulating Strategies for the Wellness and Health Program for all employees who would like to participate in the program. An Advisory Committee has been created which is comprised of local professionals in the field of Medicine, Mental Health, Nutrition, Fitness and Community Resources to help

us attain a well balanced plan that can be utilized as a whole or selectively. We are compiling data that will include small changes for sustainable goals that can help in improving wellbeing.

This initiative will provide guidance on such topics as exercise, eating healthy, mental readiness and services available through websites or local entities.

The plan will include healthy menu plans, walking trail information and other health information and updates. This

information will be disseminated to employees for information purposes.

We will also work on negotiating an alliance between the County of Starr and local gym owners for an employee discount.

We are Collaborating with the Farmers Wife Market and the Starr County Extension Office to design a program to make the portable produce trailer accessible in areas designated by wellness committee for easy access to purchasing fresh fruits and vegeta-

bles: We will also plan to promote and design an exercise routine for employees who are interested in a more active lifestyle utilizing existing resources readily available. We also have invited health and wellness representatives from Texas Association of Counties to be available during open enrollment to provide information to staff members on resources available through TAC.

This plan is being designed to give employees options for living healthier for a better quality of life.

Sincerely,

Judge Eloy Vera



Initiatives:

Wellness screenings will be available during open enrollment meetings throughout the county. Employees will be able to screen for blood pressure, diabetes and receive additional information.

Walking Trails in Starr County:

La Victoria Park
 La Casita Park
 Grulla High School Stadium
 Rio Grande City High School Stadium
 Roma High School Stadium
 Joe R. Sanchez Stadium
 STC Walking Trails
 Basilio Villarreal Park
 Fort Ringgold Park
 Miriam S. Valle Park
 Roma Municipal Park
 Garceno Park

Contact Us

Give us a call for more Information on:

Starr County Wellness

**Cynthia Garcia Fuentes,
 Coordinator**

(956) 716-4800 Ext. 1010

cfuentesrgc@yahoo.com

Visit us on the web at
www.co.starr.tx.us

Recommended Screenings:

Women's Recommendations

Mammogram	Every 1-2 years for women ages 40-74*
Clinical Breast Exam	Every 3 years for women ages 20-39. Annually for age 40 and over.
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Pap Test	Women ages 21-65: Pap test every 3 years. Another option for ages 30-65: Pap test and HPV test every 5 years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present*
Aspirin Use	At ages 55-79, talk with your doctor about the benefits and risks of aspirin use.

Men's Recommendations

Cholesterol	Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested.
Prostate Cancer Screening	Discuss the benefits and risks of screening with your doctor.*
Abdominal Aortic Aneurysm	Screen once between ages 65 -75 if you have ever smoked.
Aspirin Use	Talk with your doctor about the benefits and risks of aspirin use.